

BHa2a's Nutrients Report 03/14/15 - 03/14/15

Your plan is based on a **1400 Calorie** allowance for a preschooler.

Nutrients	Target	Average Eaten	Status
Total Calories	1400 Calories	1344 Calories	OK
Protein (g)***	19 g	53 g	OK
Protein (% Calories)***	10 - 30% Calories	16% Calories	OK
Carbohydrate (g)***	130 g	186 g	OK
Carbohydrate (% Calories)***	45 - 65% Calories	55% Calories	OK
Dietary Fiber	25 g	16 g	Under
Total Sugars	No Daily Target or Limit	101 g	No Daily Target or Limit
Added Sugars	No Daily Target or Limit	42 g	No Daily Target or Limit
Total Fat	25 - 35% Calories	31% Calories	OK
Saturated Fat	< 10% Calories	12% Calories	Over
Polyunsaturated Fat	No Daily Target or Limit	4% Calories	No Daily Target or Limit
Monounsaturated Fat	No Daily Target or Limit	11% Calories	No Daily Target or Limit
Linoleic Acid (g)***	10 g	6 g	Under
Linoleic Acid (% Calories)***	5 - 10% Calories	4% Calories	Under
α -Linolenic Acid (% Calories)***	0.6 - 1.2% Calories	0.3% Calories	Under
α -Linolenic Acid (g)***	0.9 g	0.4 g	Under
Omega 3 - EPA	No Daily Target or Limit	0 mg	No Daily Target or Limit
Omega 3 - DHA	No Daily Target or Limit	0 mg	No Daily Target or Limit
Cholesterol	< 300 mg	111 mg	OK
Minerals	Target	Average Eaten	Status
Calcium	1000 mg	1147 mg	OK
Potassium	3800 mg	2264 mg	Under
Sodium**	< 2300 mg	1661 mg	OK
Copper	440 μ g	775 μ g	OK
Iron	10 mg	11 mg	OK
Magnesium	130 mg	274 mg	OK
Phosphorus	500 mg	1228 mg	OK
Selenium	30 μ g	69 μ g	OK
Zinc	5 mg	12 mg	OK
Vitamins	Target	Average Eaten	Status
Vitamin A	400 μ g RAE	1057 μ g RAE	Over

Vitamin B6	0.6 mg	1.9 mg	OK
Vitamin B12	1.2 µg	5.9 µg	OK
Vitamin C	25 mg	48 mg	OK
Vitamin D	15 µg	9 µg	Under
Vitamin E	7 mg AT	4 mg AT	Under
Vitamin K	55 µg	94 µg	OK
Folate	200 µg DFE	644 µg DFE	Over
Thiamin	0.6 mg	1.3 mg	OK
Riboflavin	0.6 mg	2.3 mg	OK
Niacin	8 mg	17 mg	OK
Choline	250 mg	199 mg	Under

Information about dietary supplements.

** If you are African American, hypertensive, diabetic, or have chronic kidney disease, reduce your sodium to 1500 mg a day. In addition, people who are age 51 and older need to reduce sodium to 1500 mg a day. All others need to reduce sodium to less than 2300 mg a day.

*** Nutrients that appear twice (*protein, carbohydrate, linoleic acid, and α-linolenic acid*) have two separate recommendations:

- 1) Amount eaten (in grams) compared to your minimum recommended intake.
- 2) Percent of Calories eaten from that nutrient compared to the recommended range.

You may see different messages in the status column for these 2 different recommendations.